



Dec. 21, 2015

Island Insight

This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Garrison Internet page under "Information" and on the installation website at www.usagria.army.mil under "News" and then "Local News."

Island Insight Submission: www.usagria.army.mil/News/II.aspx

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New Deputy to the Commander Welcomed At ASC

Michael Hutchison, the new deputy to the commander, U.S. Army Sustainment Command, was welcomed and his predecessor, Scott Welker, was honored during a ceremony in Heritage Hall, here, Dec. 14. The deputy to the commander is a senior executive service member who heads the business operations at ASC. The deputy also serves as the senior civilian advisor to the commanding general, an important role at ASC because it is primarily comprised of civilian personnel. Maj. Gen. Kevin O'Connell, commanding general, ASC, has been without a deputy to the commander since June. He said he wanted to both welcome Hutchison and say farewell to Welker. "This ceremony is about welcoming Mr. Hutchison ... but I would really be remiss if we did not also properly say farewell Mr. Welker," O'Connell said. "These are two great leaders," he said. "We need leaders like these who have broad vision, who have the technical skills and the expertise to fit the big picture together." O'Connell praised Welker for his contributions to the command. ([More](#))



Upcoming Dates

- Dec. 25:** Christmas Day (*Federal Holiday*)
- Jan. 1:** New Year's Day (*Federal Holiday*)
- Jan. 4:** CYSS Summer Day Camp Registration Opens, Bldg. 150 [📄](#)
- Jan. 6:** Military Singles & Geo-Bachelors Dinner, USO Spaces, Bldg. 110, 4:30 p.m.
- Jan. 8:** End of year donation deadline to CPAC
- Jan. 13:** Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11:30 a.m.
- Jan. 18:** Martin Luther King, Jr. Day (*Federal Holiday*)
- Jan. 19:** Dr. Martin Luther King Jr. Observance, Heritage Hall, Bldg. 60, 1 p.m.
- Jan. 20:** RIAWC Declutter Your Life Luncheon, Arsenal Island Clubhouse, 11 a.m. - 1 p.m.
- Jan. 21:** RIA DeCA, AAFES and FMWR Advisory Council Meeting, Bldg. 90, Rm. 25, 1 p.m.
- Jan. 25-29:** DA Photos, Bldg. 90, Basement, B11, 7:20 a.m. - 3:40 p.m.
- Jan. 28:** Council of Colonels, Arsenal Island Clubhouse, 11:30 a.m.
- Jan. 28:** Newcomer's Orientation and Tour, Arsenal Island Clubhouse, 8 a.m.
- Jan. 30:** Self Defense Seminar, RIA Fitness Center, 9 a.m.
- Feb. 2:** Groundhog Day
- Feb. 5:** Advanced Résumé Class, ACS Training Room, Bldg. 110, 1:30 p.m.
- Feb. 7:** Super Bowl Party, Lock and Dam Lounge, Bldg. 60, TBD

2016 Federal Pay Tables Are Out

Senior executives will earn between \$1,219 and \$1,800 more in 2016 than they did in 2015, according to the new SES pay table, effective in January. For members of the SES under a certified SES performance appraisal system, the maximum annual salary will increase to \$185,100 in 2016, up from the current level of \$183,300. Senior executives at the maximum SES pay rate who are not under a certified SES performance appraisal system will see their annual salary grow to \$170,400 from the 2015 level of \$168,700. At the lowest end of the SES pay spectrum, the salary will increase from \$121,956 (with or without a performance appraisal system) to \$123,175 in 2016 (with or without a performance appraisal system). The Office of Personnel Management has published the 2016 pay tables for the various categories of government employees, including those in the SES, the General Schedule, and the Foreign Service. The rates of pay for uniformed service members also are available. The Office of Personnel Management has published the [2016 pay tables for the various categories of government employees](#), including those in the SES, the General Schedule, and the Foreign Service. The rates of pay for uniformed service members also are available. ([More](#)) ([GS Quad Cities Pay Table](#))

SALARY TABLE 2016.DV
INCORPORATING THE 1% GENERAL SCHEDULE INCREASE AND A LOCALITY PAYMENT OF 14.43%
FOR THE LOCALITY PAY AREA OF DAVENPORT-MOLINE, IA-IL
TOTAL INCREASE: 1.24%
EFFECTIVE JANUARY 2016

Annual Rates by Grade and Step

Grade	Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7	Step 8	Step 9	Step 10
1	\$ 20,990	\$ 21,691	\$ 22,389	\$ 23,084	\$ 23,782	\$ 24,491	\$ 25,198	\$ 25,906	\$ 26,614	\$ 27,321
2	23,599	24,301	25,002	25,704	26,406	27,108	27,810	28,512	29,214	29,916
3	25,749	26,451	27,153	27,855	28,557	29,259	29,961	30,663	31,365	32,067
4	28,006	28,708	29,410	30,112	30,814	31,516	32,218	32,920	33,622	34,324
5	32,340	33,042	33,744	34,446	35,148	35,850	36,552	37,254	37,956	38,658
6	36,020	36,722	37,424	38,126	38,828	39,530	40,232	40,934	41,636	42,338
7	40,061	40,763	41,465	42,167	42,869	43,571	44,273	44,975	45,677	46,379
8	44,166	44,868	45,570	46,272	46,974	47,676	48,378	49,080	49,782	50,484
9	49,025	49,727	50,429	51,131	51,833	52,535	53,237	53,939	54,641	55,343
10	53,963	54,665	55,367	56,069	56,771	57,473	58,175	58,877	59,579	60,281
11	59,237	59,939	60,641	61,343	62,045	62,747	63,449	64,151	64,853	65,555
12	65,062	65,764	66,466	67,168	67,870	68,572	69,274	69,976	70,678	71,380
13	71,462	72,164	72,866	73,568	74,270	74,972	75,674	76,376	77,078	77,780
14	78,522	79,224	79,926	80,628	81,330	82,032	82,734	83,436	84,138	84,840
15	86,182	86,884	87,586	88,288	88,990	89,692	90,394	91,096	91,798	92,500

Applicable locations are shown on the 2016 Locality Pay Area Definitions page: <http://www.opm.gov/policy-data-oversight/pay-leave/salaries-rates/2016-locality-pay-area-definitions>

LRC Directors Look for Efficiencies at Symposium

As the Army reduces funding, Logistics Readiness Center directors discussed ways to operate more efficiently at the second annual LRC Symposium at the Radisson Hotel, here, Dec. 15 -- 16. LRCs are organizations tasked to provide logistical services and supplies across the Army. More than 70 LRCs provide food services, transportation, maintenance, retail distribution, ammunition issuances, and shipping services for Soldiers worldwide. More than half of the LRC directors attended the symposium, along with ASC brigade commanders. Maj. Gen. Kevin O'Connell, commanding general, U.S. Army Sustainment Command, opened the symposium. He said that the number one priority for Gen. Mark Milley, Chief of Staff of the Army, is readiness, which is particularly significant for LRCs. ([More](#))



New Commandant Takes Charge of ASC HHC

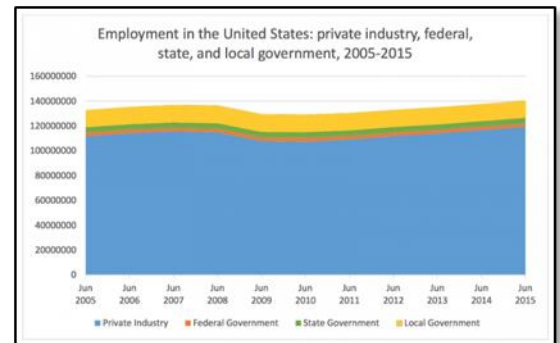
Col. Doyle Lassitter, commander, Distribution Management Center, Army Sustainment Command, passed the command of ASC's Headquarters and Headquarters Company from Maj. Chandler Fisk to Capt. Michael Rear during a change of command ceremony in Heritage Hall, here, Dec. 21. HHC is primarily responsible for Soldier readiness, accountability and training at ASC. HHC's missions include processing awards, supporting the Family Care Plan, property accountability and helping with ceremonial and community events throughout the Quad Cities area. HHC was created in 2006 when the U.S. Army Field Support Command transitioned into ASC. Fisk thanked those who helped him be successful while with HHC, including ASC leadership, his staff, his wife, and the community at large. "It's been a whirlwind over the past 20 months, and I thank you for your support," he said. ([More](#))



Federal Pay Lagging Behind Private Sector

As the national economy continues to improve, both wages and employment in the federal government are falling behind their private sector counterparts. This is not new information for most people who are concerned about the role of the federal government in the lives of its citizens, but recently released data from the U.S. Bureau of Labor Statistics gives further indication of how the feds continue to fall further behind even as the federal government is called upon for more duties, from responding to natural disasters to dealing with immigration

issues and threats of terrorism. ⚡ Wage increases also continue to be a concern. Even with the increases effective in January 2016, the federal sector will still be falling behind the wage growth in private industry. For the 12 months ending in June, the average weekly wage of federal employees increased 0.1%. That number includes all pay, such as step increases, overtime, and bonuses, as well as base and locality pay. In comparison, average pay in the private sector rose 3.1% for the same time period. With private sector wages moving up now, the January 1% pay rise (with an additional 0.3% increase for locality pay) will be insufficient to match the private sector. Even though average weekly wages declined during the 2007-2009 recession, and with all the talk of stagnating wages, the private sector has outpaced the federal sector since 2005. As a result, while the average weekly wage for a federal employee has risen by 21.5% over the past 10 years, average weekly wages in private industry rose faster at 29.6%. ([More](#))



Many U.S. Troops Serving Overseas During the Holidays

Thousands of U.S. service members and Defense Department civilians are serving around the world during the holidays to protect America, its interests and its allies. ⚡ But it is not just overseas that U.S. service members are serving. Some Air Force missileers man the ICBM silos across the American heartland, while other airmen vigilantly defend the space, airspace and cyberspace. Coast Guardsmen must stay ready for incidents at sea. And while many bases try to limit operations during the holidays, units still have to have on-call duty members prepared to be called to work at a moment's notice. Military police still have to guard the gates, and thousands of military and civilian specialists still have to care for those in hospitals. America's military members are away from their families "doing the noblest thing you can possibly do with your life, which is protect our people and make a better world for our children," Carter said. ([More](#))



VA Commemorates the 50th Anniversary of the Vietnam War

Our nation's Vietnam War commemoration is a long-overdue opportunity for all Americans to recognize, honor, and thank our Vietnam Veterans and their families for their service and sacrifices during one of America's longest wars. VA Central Office, along with nearly 9,000 organizations across the country, has joined with the Department of Defense as a commemorative partner to honor our Nation's Vietnam Veterans. I have designated March 29, 2016, as a day for our department to express our tremendous gratitude and support



to this generation of Americans through ceremonies across the nation. This commemoration recognizes all men and women who served on active duty in the U.S. Armed Forces during the U.S. involvement in Vietnam—November 1, 1955, to May 15, 1975. Nine million Americans, approximately 7.2 million living today, served during that period, and the commemoration makes no distinction between Veterans who served in-country, in-theater or were stationed elsewhere during those 20 years. All answered the call of duty. ([More](#))

Daily Dining in Bldg. 60

Effective Nov. 2 seating for daily dining in Bldg. 60 has been temporarily moved to the room west of the food court through the double doors, while the Caisson room is being expanded and remodeled to give patrons a pleasant dining atmosphere. Questions, please call 309-782-5890.

Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the Lock and Dam Lounge (in Bldg. 60), on **Friday, Jan. 8-15, 10 a.m. – 2 p.m.** If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119. **The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).**



VIOS Schedule for January and February

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Jan. 25, 26, 27, 28, and 29**; and **Feb. 22, 23, 24, 25, and 26**.

Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7:20 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 90, Basement, Room B11). Priority is: 1. Active Duty Soldier's DA photos; 2. Official Government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - Command Photos will be printed and available digitally. Additional prints can be ordered in VIOS. All scheduled dates can be found on the [RIA VIOS website](#).

AbilityOne® Base Supply Center on Arsenal Island Undergoing Name Change

Starting **Jan. 1**, PaperclipsEtc.com will become bscsource.com, a re-designed website and improved shopping experience that will retain your account information, saved carts and other features you use and love. Why change? The bscsource.com name reflects the mission of the AbilityOne Base Supply Center (BSC) program: offering employment opportunities for people who are blind or visually impaired. Our PaperclipsEtc physical stores, owned and operated by Winston-Salem Industries for the Blind, will officially take the AbilityOne® BSC name **Jan. 1** as well. Our name change reflects an entire new team of procurement specialists connected to a huge network of vendors. We can design custom processes and features to ensure you have what you need, when you need it. Your purchases provide jobs for people who are blind or visually impaired. Base Supply Center Stores, formerly known as Paperclips Etc. stores, and bscsource.com are operated by Winston-Salem Industries for the Blind. We are your on-site location for a wide range of AbilityOne® Procurement List products and other commercial products.

End of Year Donations

For those wishing to donate annual leave to another federal civilian employee in the Leave Transfer Program, please complete Statement of Leave Donor (RIA form 690-43) or OPM form 630a and submit with supervisor signature to the Civilian Personnel Advisory Center. To ensure a leave donation will be deducted from this calendar year, all donations must be received in the CPAC no later than **Jan. 8**. Donations received after **Jan. 8**, will be posted to leave year 2016. Reminder: In any leave year, an employee may donate no more than one-half of the amount of annual leave he or she would accrue during a leave year. For employees with 'use or lose' annual leave, you may donate no more than the number of hours remaining in the leave year as of the date of the transfer for which you are scheduled to work and receive pay. POC: Janine Couppee may be reached at PECH-NCR-E, 309-782-1278.

It's Time to Declutter Your Life 2016

Join us on Wednesday, **Jan. 20**, 11 a.m. - 1 p.m., in the Arsenal Island Clubhouse, to learn valuable insight into how to declutter your life. Guest speaker Denise Wassenhove from "Lean on Me - Organizing with Heart" was started in 2011 with the mission to help others stay focused on what matters and to realize the power and sense of accomplishment of staying organized in life. RSVP by email at riawcreservations@gmail.com or call/text to 309-230-3705 no later than Friday, **Jan. 15**. Cost is \$16 per meal; \$20 meal includes opportunity tickets, \$17 if you pay with debit/credit card [online](#); \$21 for meal deal with debit/credit card [online](#). ([Flyer](#))

Fish Fry and More Every Friday

American Legion Post 1233, 312 Broadway Street, Colona, Ill., is having a fish fry every Friday evening from 5 to 8 p.m. Come enjoy a variety of entrees from steak sandwiches, fish and chicken dinners, to sides and hors d'oeuvres; very reasonably priced. Proceeds go to veterans; their families; and other veteran organizations. For more information, call Anna DeFrieze at 309-792-8934. Note: **Dec. 25** and **Jan. 1**, no food served.

Career Program 34 101 Outreach Briefing

Career Program 34 (Information Technology Management) will provide an outreach briefing to the CP-34 workforce at Rock Island Arsenal on Friday, **Jan. 22**, at the Arsenal Island Golf Course Clubhouse Ballroom, 9-10 a.m. Career Program 34 provides career management, education and training to the Army civilian IT/cyber workforce.

Wounded Warrior J.R. Martinez to Speak in the Quad Cities

Vera French Community Mental Health Center will be having several educational events the week of **Feb. 15-20** to increase community awareness of the challenges of mental illness and the need for community support for the services provided by the Vera French Community Mental Health Center. This year they have the honor of presenting wounded U.S. Army veteran, J.R. Martinez as their signature inspirational speaker on Saturday, **Feb. 20**, at 7 p.m., at the Bettendorf High School Performing Arts Center. J.R. Martinez was wounded in Karbala, Iraq, April 5, 2003, by a roadside bomb that burned more than 34 percent of his body. ([More](#))

Arsenal Island Employee Local Discounts

The following discounts are exclusively available to Arsenal Island employees — **Infinity Salon & Spa**: Located at 220 W 3rd St. in Davenport, we offer 15 percent off services for military and the Arsenal Island workforce. We are a full service salon: hair, manicure, pedicures, massage, waxing, facials, for men, women, and children. Eligible personnel only need to show a military or work ID.

The Venue: Located at 1405 5th Ave. in Moline, we would like to say thank you to all Rock Island Arsenal personnel – bring in your Arsenal ID/badge on Mondays and receive a 20 percent discount on food and soda (this excludes family feast special). **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18th Street in Bettendorf. **Chocolate Manor:** All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 2nd St., Davenport, just show your ID. **Roosters Sports Bar and Grill:** All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3rd St., Rock Island, new specials daily. **Peachwave Frozen Yogurt:** Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

Arsenal Traffic/Construction



Rodman Reopen to Traffic

Rodman Avenue and the walking/bicycle trail north of Rodman Avenue reopened for normal traffic as of Dec. 21. Work to identify and remove unexploded ordnance north of Rodman Avenue and east of Rodman housing is complete.

Rock Island Viaduct Sidewalk Closed to Pedestrians

"Sidewalk Closed" signs have been erected at either end of the Rock Island Viaduct sidewalk. These signs were placed because of the tripping hazard that the condition of the sidewalk presents. Attached illustration indicates the suggested alternative route (STR276 American Discovery Trail and Pedestrian Bridge) during the closure.

Building/Space Closures



There are no announcements at this time.

Active Duty/Reserve Zone



Rested Soldiers Perform Better In Battle, Experts Say

Sgt. 1st Class Alonzo Howard said he has but one regret: that he didn't know the effects sleep deprivation have on combat effectiveness. Howard spoke at the Army Office of the Surgeon General-sponsored Performance Triad Sleep Summit, Dec. 9. During the second battle of Fallujah

in Iraq in 2004, Howard went for more than a week with very little sleep. The combat engineer succeeded in closing off a bridge to prevent the enemy from escaping. While the mission was a success, Howard said his performance could have improved even more had he known about sleep banking, a technique he could have used to mitigate some of the negative effects of staying awake for long periods of time. Sleep banking means sleeping longer than the recommended eight hours a night for one or more nights before going without sleep or very little sleep. As a platoon sergeant, one of the important things Howard did was to coach his squad leaders on ways to stay alive and win in combat. That meant such things as tactics, weapons proficiency, physical fitness and proper nutrition. But sleep, he said, was never one of them. ([More](#))

Military Singles & Geo-Bachelors Dinner

There will be a Military Singles & Geo-Bachelors Dinner on Tuesday, **Jan. 6**, in the USO spaces, Bldg. 110. This month's menu items include turkey & veggie soup, cheeseburger soup, bread, garden salad, fruit, and dessert surprise. All ranks, all branches, are welcome. Please RSVP to [Jackie Inman](#), 309-782-3896.



Holiday Season Safety Message 2015

Over the coming weeks, our Nation will celebrate a variety of holidays that demonstrate the freedoms, diversity, and values that we, as part of the Department of Defense, work to protect. As we gather with our Families and friends this holiday season to honor traditions, reflect on the challenges and successes of 2015, and look with hope to 2016, please keep in mind the many Families with an empty seat at their table. Being part of the Army Family has inherent sacrifices, and it is especially important to remember those Families and their deployed loved ones during the holidays. The holidays are a time for joyous celebration. However, the holidays can be a difficult time for some people. To this end, take some downtime with your Families, yet remain vigilant. I ask that you continue caring for one another. If you notice a change in someone's behavior, please ask clarifying questions, care for them, and if needed, accompany them to get help. If you notice suspicious activity, report that to the appropriate law enforcement agency. If you are planning to drive long distances, ensure that you have considered the risks using the Travel Risk Planning System (TRiPS). Use your seatbelt when driving. If you plan to consume alcohol, plan for alternate transportation - do not drink and drive. Fatigue is often a risk factor contributing to serious motor vehicle accidents. Ensure you are getting adequate sleep as well as nutrition and exercise. Learn more about the Performance Triad at the following link:

<http://armymedicine.mil/Pages/performance-triad.aspx>. Although vehicle operations typically are our highest risk factors during the holidays, there are other risks as well: avoid falls by using ladders properly when hanging decorations; keep live Christmas trees well watered; never leave burning candles unattended, and avoid electrical accidents by not overloading wiring and following manufacturer's directions. There are two noteworthy websites that address cold weather injury prevention and the "Ready...or Not?" 2015 Fall/Winter Safety Campaign to help manage risks when planning your winter activities and holiday travels:

<http://phc.amedd.army.mil/topics/discond/cip/Pages/default.aspx>, and

<https://safety.army.mil/MEDIA/SeasonalSafetyCampaigns/AutumnWinter2015-16.aspx>. CSM

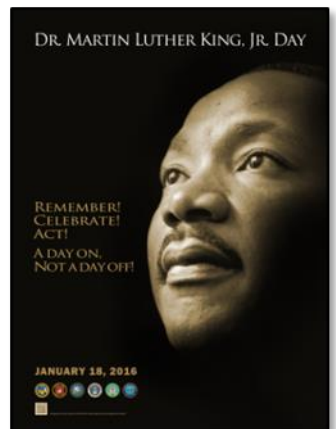
Eckert and I wish everyone a safe and joyous holiday season. Let us all strive to make this holiday season accident-free and continue to practice the basic principles of safety throughout the coming year. Please continue to make us "Army Safe and Army Strong." Serving to Heal...Honored to Serve! ([More](#))

Equal Employment Opportunity Focus



RIA Dr. Martin Luther King Jr. Observance

The Arsenal Island community is invited to the Rock Island Arsenal Dr. Martin Luther King Jr. observance on **Tuesday, Jan. 19**, in Heritage Hall, Bldg. 60, 1-2 p.m., featuring guest speaker Patti Miller, a civil rights veteran. The event is hosted by the First Army Equal Opportunity Office. Miller was born in Algona, Iowa, in 1943. As a student at Drake University in 1964, she went to Mississippi as a civil rights worker in the Freedom Summer for Voting Rights. Just two days after she arrived, the news broke that three civil rights workers—James Chaney, Andrew Goodman, and Michael Schwerner—had been murdered. After college, she worked with the Southern Christian Leadership Conference in Chicago, organizing students to support fair housing practices. In her position with the SCLC, she worked closely with Dr. Martin Luther King Jr. She later worked as a teacher in a majority-black school in Chicago. Since her activist days, Miller has produced a documentary and a book on her experiences with the civil rights movement, and she regularly speaks to groups in Iowa about her experiences. Interested individuals can sign up in [TEDs](#), keyword "Martin." For additional information or accommodations please contact Sgt. First Class Jose Vazquez, First Army, EOA, 309-782-9761; or Sgt. First Class Marion Wilson, ASC, EOA, 309-782-3021.



Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

Visit the MWR website at www.riamwr.com for information on all MWR programs.

MWR Text Alerts

Grab your mobile phone and text **EZZHV32984 4** to the number **313131** to join our text list and have all the latest and greatest MWR news delivered right to your phone. We'll keep you up to date with all the fun and exciting upcoming MWR events and programs as well as coupons and special offers available only to text alert subscribers. Message and data rates may apply and you can opt out at any time by replying "**stop**" to **313131**. Check out the flyer for a quick and easy QR code that you can scan with your smartphone to automatically generate the message for you. ([Flyer](#))



Now Accepting Submissions

Are you a photography enthusiast? Do you think you've taken the perfect shot? We want you to share your favorite moments and adventures with us by entering the 2015 U.S. Army Digital Photography Contest. Contest closes Thursday, **Dec 31**. Find out how to enter:

www.armymwr.com/digital-photo.aspx

Volleyball & Basketball Leagues Registration Deadlines Extended

Due to low response, the registration deadlines for the adult volleyball & basketball leagues have been extended. The leagues will now begin in early January 2016. Get your teams together and get signed up for our winter adult sports leagues. Registration packets and more information are available at the Fitness Center or call 309-782-6787. (Flyers: [Basketball](#) & [Volleyball](#))

Group Fitness Class Instructors Needed

Are you looking for some extra cash for holiday shopping? The Rock Island Arsenal Fitness Center is looking for group fitness instructors. Call us today at 309-782-6787 or tell someone you know who might want to join our team. ([Flyer](#))

Lunch Service at the Arsenal Island Clubhouse

Has it been a while since you've had lunch at the Golf Clubhouse? If so come back Tuesday - Friday, 11 a.m. - 1:30 p.m., and give it another try because we've got some exciting new options that are sure to fit your appetite and schedule. Try the daily soup, salad and sandwich buffet featuring a delicious house made soup du jour and fresh baked breads for just \$9/person. Maybe your lunch break is short and you don't have time for a sit down meal, we've got you covered there too. Order a sandwich or burger off the grab and go menu and you'll be out the door in no time.

([Menu](#))

MWR Leisure Travel Office



Office Hours

Monday through Friday, 9 a.m. – 3 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. ([email](#)) ([website](#))

Leisure Travel Office Discounts for Shows in January & February 2016

Visit Leisure Travel in Bldg. 333 (next to the Exchange) to save money on some great shows coming to the Quad Cities in early 2016 including:

- **Jan. 9:** Harlem Globetrotters at the iWireless Center
- **Jan. 22-23:** World's Toughest Rodeo at the iWireless Center
- **Feb. 20:** Phantom at Circa 21 Dinner Playhouse

Check out the flyers for [Harlem Globetrotters](#), [World's Toughest Rodeo](#), [Phantom](#), or call Leisure Travel at 309-782-5890 for more info and to reserve your discount tickets.

Create Lasting Family Memories with the Harlem Globetrotters

Hilarious antics and amazing basketball skills will entertain the whole family. Discounted tickets on sale now. Section 107 Rows 7-9 \$27.50 adults & children (one and under free on lap)

Section 213 Rows 1- 3 \$35.50 adults & children (one and under free on lap) on sale until **Dec. 28**.
Event Date: **Saturday, Jan. 3**
Event Time: **7 p.m.**

Snowstar Winter Sports Park, Snow Tubing Outing

Gather the kids and kids at heart and join Outdoor Recreation at Snowstar for a fun evening of tubing Friday, **Jan. 22**, 5-9 pm. Cost is \$15/person which includes tube rental and lift ticket. Transportation to Snowstar is not included, participants will meet at Snowstar. Pre-registration & payment is required by **Jan. 13**. Call 309-782-8631 or stop by Outdoor Rec. in Bldg. 333 (next to the Exchange) for more info and to reserve your spots. ([Flyer](#))

World's Toughest Rodeo

The World's Toughest Rodeo also opens the arena nightly for the free Preshow as we invite fans to "get down in the dirt." It's a FANTastic opportunity to go out west for the night with interactive activities for all ages including pony rides, all access meet and greet with cowboys and entertainers, autographs and photos, sit on midnight the bull in the bucking chutes, or get up close and personal with the World's Toughest Rodeo animal superstars as our staff host a behind the chutes tour. The sidewalk ends and the Wild West begins with more fun and free for all ages.

Leisure Travel has discounted seats on sale until **Jan. 18**.

Event Date: **Jan. 22-23**

Event Time: **7:30 p.m.**

Circa 21: Presents Phantom

A timeless tale. A haunting score. A stunning production. The mesmerizing Phantom is a sensation that enraptures with beautiful songs and characters more richly developed than in any other version, including the original novel. The story traces the obsession of the disfigured composer who falls in love with his protégé only to be undone by his passion. A theatrical rendition of Gaston Leroux's classic novel. Leisure Travel has discounted seats on sale until Tuesday, **Feb. 2**. All seats are \$46.

A Timeless Tale. A Haunting Score. A Stunning Production.

The mesmerizing phantom is a sensation that enraptures with beautiful songs and characters more richly developed than in any other version, including the original novel. The story traces the obsession of the disfigured composer who falls in love with his protégé only to be undone by his passion. A theatrical rendition of Gaston Leroux's novel. Seats are \$46 and on sale until **Feb. 2**.

Event Date: **Saturday, Feb. 20**

Event Time: **5:45-9 p.m.**

Star Trek: The Ultimate Voyage Concert Tour 2016

This lavish production includes an impressive live symphony orchestra and international special solo instruments. People of all ages and backgrounds will experience the franchise's groundbreaking and wildly popular musical achievements while the most iconic Star Trek film and TV footage is simultaneously beamed in high definition to a 40-foot wide screen. The concert will feature some of the greatest music written for the franchise including music from Star Trek: The Original Series, Star Trek: The Motion Picture, Star Trek II: The Wrath of Khan, Star Trek IV: The Voyage Home, Star Trek: Insurrection, Star Trek: The Next Generation, Star Trek: Deep Space Nine, Star Trek: Voyager and much more. This never-before-seen concert event is perfect for music lovers, filmgoers, science-fiction fans and anyone looking for an exciting and unique concert experience.

MWR Leisure Travel has discounted seats on sale now. Stop by the office located in Bldg. 333 or call 309-782-5890.

Date: **Friday, March 22**

Time: **7 p.m.**

Child, Youth & School Services



Summer Day Camp Registration Opens

Although winter is not even officially here yet, we are busy preparing another awesome Summer Day Camp program for 2016. Parents, please check with Parent Central Services at 309-782-0791 to make sure that your registration is current for your children and mark Monday, **Jan. 4**, on your calendars as the day that applications for the 2016 Summer Day Camp program are available for pick-up. Call the School Age Center at 309-782-7544 for more info. ([Flyer](#))



Covenant Cottage Child Development Home

Covenant Cottage Child Development Home is available for backup, emergency, and hourly care for ages four weeks through 12 years. The home is located on post and is open from 6 a.m. – 6 p.m. Monday through Friday, Tuesday and Thursday evenings and Saturday mornings. Army Family Covenant Guidelines state deployed Soldiers are entitled to 16 hours free respite childcare per child, per month. For reservations call 309-782-6793. We encourage you to call as far in advance as possible because spaces fill quickly.

Army Community Service



ACS is located in Bldg. 110, 1st floor SE; [Visit our ACS website](#) or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here](#). 24/7 Sexual Assault Hotline: **309-229-8412**.

Employee Assistance Program



ASAP/EAP is located in Bldg. 56, 1st floor; visit our [ASAP/EAP website](#) or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. In addition, [a list of our classes & groups with dates, locations, and times, is located here](#). [Find us on Facebook click here](#).

National Drunk and Drugged Driving (3D) Prevention Month

The month of December is National Drunk and Drugged Driving (3D) Prevention Month. According to the Center for Disease Control, everyday 36 people in the United States die and approximately 700 more are injured in motor vehicle crashes that involve an alcohol-impaired driver. This holiday season, don't put your life, or anyone else's life on the line. Be smart and be responsible. If you are going to drink, don't drive. If you are going to drive, don't drink. Don't allow one bad decision haunt you for the rest of your life.



Keep Your Mental Health in Check During the Holidays – December 2015

Another year will soon be coming to a close, but not without the big rush of the holiday season. Relatives to visit, meals to prepare, presents to buy... whether it is the most joyous time of year is up for debate, but it might certainly be the busiest. The holiday season is a happy time for many; however, the stress of the season may exacerbate existing problems. Strained family relationships may be harder to tolerate, financial pressures more troubling, an already hectic schedule pushed to the brink. Depression, anxiety, and other mental health concerns can also be aggravated during the holidays. If you were feeling down or anxious before the holiday season, now you might feel even more worried or isolated. Some good times with friends and family may be all you need to feel better, but if you find you haven't felt like yourself for more than a week or two, something more serious may be going on. To help you identify if your holiday stress or blues could be a sign of an underlying mental health condition, contact the Rock Island Arsenal Employee Assistance Program at 309-782-4357 to schedule an appointment. The EAP is located in Bldg. 56, Room 104. All services are confidential and offered at no cost.

Education/Training Review



The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. [Please visit our website to learn more.](#)

Rock Island Arsenal Welcome Club Scholarship Applications

Rock Island Arsenal Welcome Club Scholarship Applications are now available. Applications can be picked up at the Arsenal Attic Thirft Shop, Bldg. 60 basement; or the Education Center, Bldg. 56. You can also [access the applications online here](#). The applications list the specific eligibility requirements for applicants. Please note that all RIA active duty military, civilians, and contractors, and all of their dependents, are eligible to apply, as well as those who regularly volunteer on the Arsenal. Please email RIAWC Scholarship Chair Nicole Kirschmann at RIAWCScholarships@yahoo.com with any questions.

Area Schools to Visit RIA

The [Army Continuing Education Systems Rock Island Arsenal](#) is coordinating with Quad-City area schools to have them visit with eligible Ed Center patrons where they will meet with school representatives and learn about educational opportunities in the Quad Cities. These visits will take place in Bldg. 56, Room 121, 10 a.m. – 2 p.m. The schedule for this fiscal year is: • Ashford

University, **March 17**, and **June 16**; • Black Hawk College, **Jan. 14**, **April 14**, and **July 14**; • Eastern Iowa Community College, **Jan. 7**, **Feb. 4**, **March 3**, **April 7**, **May 5**, **June 2**, and **July 7**; • Kaplan University, **Feb. 18**, **May 19**, and **Aug. 18**; • Saint Ambrose University, **Jan. 21**, **April 21**, and **July 21**; • Trinity College of Nursing & Health Sciences, **Jan. 28**, **April 28**, and **July 28**; • University of Dubuque, **Feb. 11**, **May 26**, and **Aug. 11**; and • Upper Iowa University, **March 10**, and **June 9**. Meet with school representatives and learn about educational opportunities in the Quad Cities.

Defense Commissary Agency / Exchange



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))



Arsenal Archive



Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

This Week in Rock Island Arsenal History – Dec. 21-27

In December 1871, Shop B (Bldg. 60) was completed. On Dec. 29, 1918, Col. Leroy Hillman died of pneumonia while commanding the RIA.



Healthbeat



December, Holiday Hours for RIA Health Clinic

The clinic will close for holidays **Dec. 24** and **25**, as well as **Jan. 1**.

Medical Experts Look beyond Drugs for Better Sleep Solutions

One in 20 active-duty Soldiers are on sleep medications, according to the Army Office of the Surgeon General, or OTSG, "Health of the Force" report released this month. "These Soldiers are less likely to be medically ready to deploy," the report cautions. Lt. Col. Jacob Collen, a sleep-

medicine physician, who also specializes in pulmonary issues on Joint Base San Antonio, Texas, said physicians usually prescribe Ambien to Soldiers suffering from insomnia. He and others spoke at the OTSG-sponsored Performance Triad Sleep Summit, Dec. 9. Ambien - a commonly prescribed brand of zolpidem - is a sedative and it's also known as a hypnotic, said Lt. Col. Ingrid Lim, sleep lead for Performance Triad, OTSG. While it does work in getting Soldiers to fall asleep, zolpidem "may impair your thinking or reactions," she said. It's something "you don't want to over prescribe." ([More](#))

2015 DoD Health Related Behaviors Survey Launches Worldwide

Active Duty service members will be randomly selected to represent their Service branch and complete an anonymous Health Related Behaviors Survey (HRBS). The survey, accessed online, takes about 40 minutes to complete. The HRBS has been conducted approximately every three years since 1980 and is used to measure the health related behaviors and lifestyles of military personnel that have the potential to impact readiness. Participation in the survey is entirely voluntary and we hope that you will recognize its importance and find time to answer these health-related questions. The survey can be completed using a government computer during duty hours or a home computer with Internet access. To protect your privacy, the survey is anonymous. This means that you will not be asked for your name or other personal identifiers on the survey, and that your responses cannot be linked back to you. ([More](#))

Notes for Veterans

Official: VA Changes Policy on Declaring Veterans Dead

The federal government has acknowledged that it wrongly declared more than 100 veterans dead and suspended their benefit payments, and says it is changing its policy of confirming deaths. Mike Rieker, a 69-year-old Vietnam War Navy veteran who was among those wrongly declared dead, said his situation turned serious when he realized he might go weeks or more without a benefits check while the situation was ironed out. "I spent five minutes arguing on the phone with a lady about me being dead," he said with a wry smile at a news conference Tuesday. Eventually, "I started looking around the house for things to sell," he added. Republican U.S. Rep. David Jolly of Florida brought the issue to the Department of Veterans Affairs' attention in a November letter. In response, the VA acknowledged that it had erroneously stopped benefits to 115 people from July 7, 2014, to April 1, 2015, because officials believed they were dead. Now, the department is "updating its process to request further confirmation of the beneficiary's death before it terminates payments," VA spokesman Randal Noller said in a statement to The Associated Press. ([More](#))

Around the Q.C.

Jan. 8-10: [Bald Eagle Days Environmental Fair and Wild Life Art Show](#) (QCCA, Rock Island)

Jan. 18-20: [24th Quad Cities Farm Show](#) (QCCA, Rock Island)

Jan. 23-25: [Rod and Custom Show](#) (QCCA, Rock Island)

Feb. 1: [35th Annual Motorcycle Parts Swapmeet for the Harley Enthusiast](#) (QCCA, Rock Island)

Feb. 6-8: [Quad Cities Home Builders Home Show](#) (QCCA, Rock Island)

Feb. 18-21: [Fishing, Hunting, and Outdoor Adventure Show](#) (QCCA, Rock Island)

Feb. 26-28: [QCCA RV/Camping Show](#) (QCCA, Rock Island)

Feb. 27: [Havana Daydreamn' by the Quad City Parrot Head Club](#) (Waterfront Convention Center, Bettendorf)

March 6-8: [Quad Cities Antique Spectacular](#) (QCCA, Rock Island)

April 1-3: [QCCA Lawn and Garden Show](#) (QCCA, Rock Island)

April 11: [18th Annual In-Fisherman Swap Meet](#) (QCCA, Rock Island)

May 10-11: [Scott County Kennel Club AKC Dog Show](#) (QCCA, Rock Island)

Island Insight



[Col. Elmer Speights, Jr., Garrison Commander](#); [Eric Cramer](#), Public Affairs Officer; [Mark Kane](#), Editor

The Army publication, Island Insight, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal-Garrison Public Affairs Office. Contents of Island Insight are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of Island Insight is the responsibility of the Rock Island Arsenal-Garrison Public Affairs Office. [Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged.](#) All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight](#); usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil; Phone: 309-782-1121. [The Island Insight is available on-line.](#)

